PERSONALITY

Definitions

Personality

Distinctive and relatively stable pattern of behaviors, thoughts, motives, and emotions that characterizes an individual

- Personality consist of characteristics that are relatively enduring, and that makes us behave in a consistent and predictable way

Personality- related terms

- **Trait:** A characteristic of an individual, describing a habitual way of behaving, thinking, and feeling
- **Temperament**: Biologically based characteristic way of reacting
- **Disposition**: tendency of a person to react to a given situation in a particular way.
- **Character**: The overall pattern of regularly occurring behavior
- **Habit**: Over learned modes of behaving
- **Values**: Goals and ideals that are considered important and worthwhile to achieve

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HIPPOCRATES

- Father of modern medicine
- 4 body fluids and corresponding personality types.

1) **Phlegmatic**- calm and apathetic temperament- too much Phlegm
2) **Choleric**- hot headed, irritable temperament- excess of yellow bile
3) **Sanguine** - optimistic, hopeful temperament- predominance of blood
4) **Melancholic**- sad and depressed temperament- black bile

KRETSCHMER

- Link between temperament and physique/ body type.

1) **Pkynic** (having fat bodies)- Sociable, jolly, easy going and good natured.
2) **Athletic** (Balanced bodies)- Energetic, optimistic, adjustable.
3) **Leptosomatic** (Lean and thin)- Unsociable, reserved, shy, sensitive and pessimistic.

SHOUT
SHARE
IT

WILLIAM SHELDON

- Classified people according to 3 body types:

1) **Endomorphs :** Rounded and soft

   Viscerotonic Personality (Relaxed, Comfortable and Extroverted)

2) **Mesomorphs** : Square and muscular

   Somotonic Personality (active, dynamic, assertive, aggressive)

3) **Ectomorphs**: Thin and fine- boned

   Cerebrotonic Personality (introverted, thoughtful, inhibited, sensitive).

DYNAMIC THEORIES OF PERSONALITY

- Psychoanalytic theory by Sigmund Freud
- Analytical psychology by Jung
- Individual psychology by Adler
- Psychoanalytic Interpersonal theory by Horney
- Psychosocial theory by Erikson.

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Sigmund Freud – psychoanalysis

- Explains behavior and personality in terms of unconscious dynamics within the individual
    - Emphasizes internal conflicts, attachments, and motivations
    - Adult personalities are formed by experiences in early childhood
- Behavior is driven by unconscious, biologically based urges that demand gratification.

Freud's Psychoanalysis:

The structure of personality

1. **Id**

   - Unconscious

2. **Ego**

   - unconscious, preconscious,

conscious

3. **Superego**

- unconscious, preconscious, conscious

Freud's Psychoanalysis:

The ID

- Operates according to the ***pleasure principle***
- The source of basic drives
  - Present from birth
  - True psychic reality- without objective reality
  - Primitive
    - basic needs and wants
  - 2 competing instincts:
    - Life (sexual) - libido
    - Death (aggressive)
  - Location: Unconscious

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Freud's Psychoanalysis:

The ID

- To avoid pain and obtain pleasure, Id operates on two processes

1. **Reflex actions** : Usually reduce tension immediately
2. **Primary processes** : It is a more complicated psychological reaction.

It attempts to discharge tension by forming an image of an object that will remove the tension.

Done through creating mental images (*Wish fulfillment*)

Freud's Psychoanalysis:

The Ego

- Operates according to the ***reality principle***
  - Arises in first 3 years of life
  - Mediates between ID and Superego
  - Operates by means of secondary process

- Rational part of mind
    - you can't always get what you want
- Location: Floats between all 3 levels of consciousness

Freud's Psychoanalysis:

The Superego

- Operates according to ***Morality principle***
- Governed by Moral Constraints; and is the 'moral self' or 'conscience' of a person
    - Develops around age 5
        - *At the end of Phallic Stage*
    - Stores and enforces rules
        - Inner voice that tells you not to do something or that what you did was wrong
    - 2 subsystems:
        - Ego Ideal = parents approve/value
        - Conscience = parents disapproval

(By the process of **Introjection**)

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